Nation

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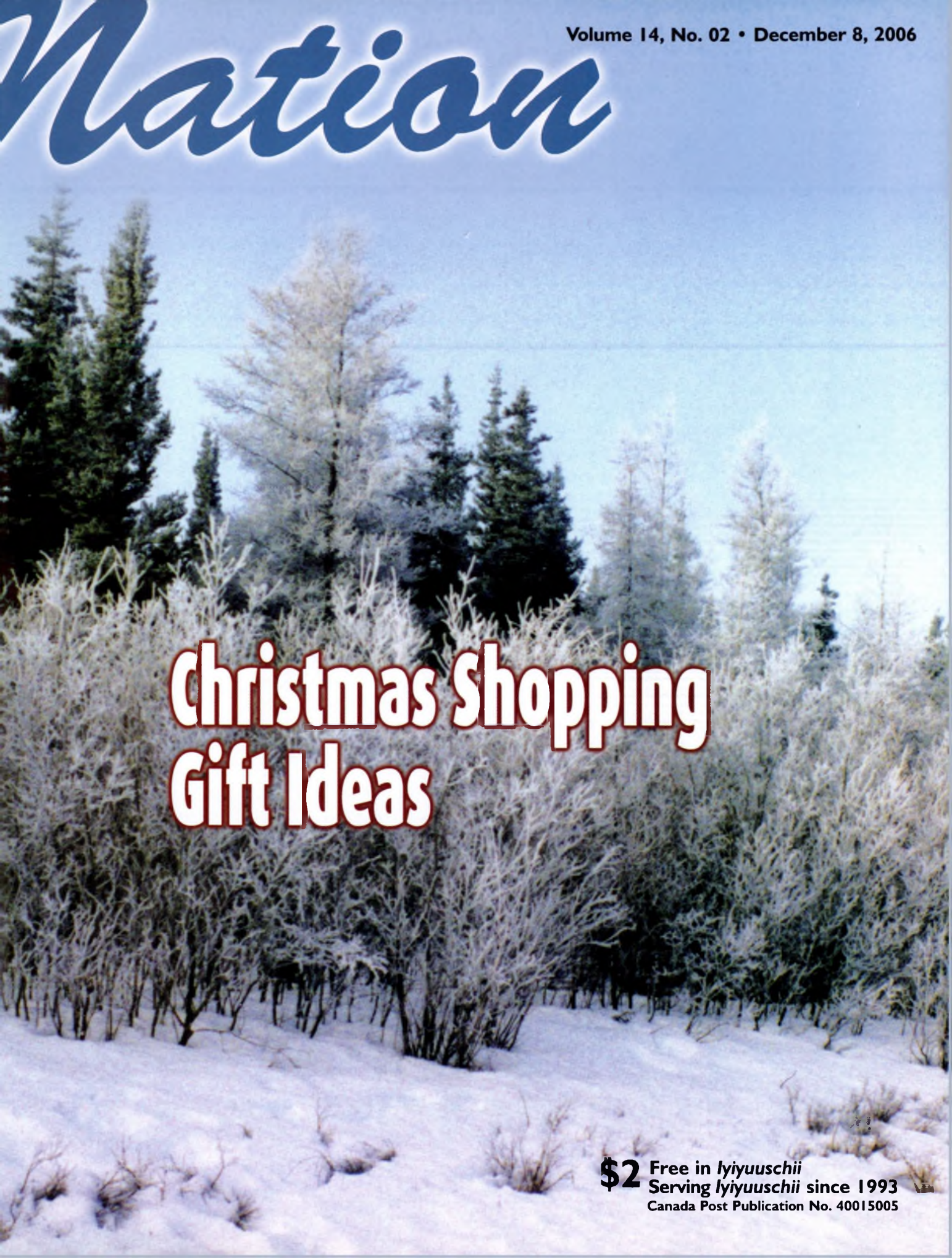

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It is with pride that the **Inmet Mining Corporation – Troilus Division** celebrated it's 10 years of operation, with all employees, on November 27 and December 4 on the mine site.

In 1996, the Troilus Division excavated and treated the first tons of ore. Starting from 10,000 tons per day operation in 1996, the Troilus Division now processes 20,000 tons per day. A low-grade open pit gold mine being an uncommon asset in the mining industry, the project has always been a challenge. Troilus owes each one of its years of operation to the dynamism, the creativity and continuing improvement of its employees. We are happy to celebrate this anniversary together.

The two chosen days, to cover the 7/7 schedule, have provided the occasion for the employees to reminisce about memories from the beginning of operations, to the present year. The employees received a gift from the company and were served a special meal.

We thank all our employees and all our partners; together, we made this project a reality for ten years… And it is not over yet!

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editorial

Rupert River: R.I.P.?

by Steve Bonspiel

For five years already, the most divisive issue in recent history has been gripping the Cree Nation: the loss of the irreplaceable Rupert River. The issue has created a deep divide between the people who voted for the Paix des Braves and those opposed to it.

It has torn apart friends and family and has created a new question in the back of people's minds. "What side are they on?"

The James Bay and Northern Quebec and the Paix des Braves agreements, while similar to a degree, are starkly different in how they came about.

Back in the early 1970s, Crees weren't familiar with hydroelectric power and were sparsely scattered over the territory; most were still semi-nomadic, living outside of a permanent community. The population was half of what it is now.

These days, Cree communities are well-established and, for the most part, are thriving. With the construction of roads have come new businesses like eco-tourism. The people of Eeyou Istchee were seeing the importance of the cash economy and it became a defining factor in the eyes of the next generations.

At the same time, trappers and elders were faced with life-changing elements, introduced by the newfound opportunities. Broadcast radio, television and now satellite media have imported southern culture and attitudes. ATVs, snowmobiles and Ford trucks made their way into the communities. Eeyou Istchee evolved in a 30-year spurt to a degree that took the south 100 years to absorb.

With it came problems of course. Diabetes is a fairly recent phenomenon that only started hitting Crees when their sugary food intake surpassed allowable levels. That was thanks to the influx of southern junk food into Eeyou Istchee.

The Paix des Braves was touted as an agreement with vision. A famous Cree personality, who will remain nameless, once said during the AIP discussions that if the Cree didn't sign this agreement, Quebec would come in and take the river anyways.

Although it's impossible to ascertain this claim, it showed that the Cree leaders were making a deal with the proverbial gun to their head. Why else would the Cree leadership rush through the referendum process of a mammoth agreement the size of the $3.5 billion Paix des Braves?

But that's all water under the bridge. The agreement was signed and that's that.

The chiefs of Nemaska, Waskaganish and Chisasibi have accepted what the Paix des Braves brings to their people: jobs, economic opportunities and somewhat of a say in the development of the land.

But they are not taking the loss of their beloved Rupert River lightly. Each community had a referendum this week that brought a clear question to their people. Did they want the diversion, yes or no?

The Cree-Quebec COMEX committee announced their approval for the project on November 24. But the chiefs want the last word.

They claim that the diversion was subject to the consent of the Cree people and if that consent was not given through a referendum separate from the 2002 agreement, then the project would be quashed and the Crees would still get the $70 million a year.

If the Rupert River is lost, both sides will be heartbroken. Its flow will be reduced by 71 per cent at a certain point. That's a lot. What will the unborn generations think when they are told that the once mighty Rupert River was sold for cash? Ask them in 50 years.

It has been a travel route from Mistissini to the southern part of James Bay for centuries. It connects the inland communities to the coast. If the diversion goes through, the Rupert River as we know it will be dead.

When people, Native and non-native alike, can no longer fish as they used to or travel by boat on the majestic river, or sit and stare in awe at the beauty of Smokey Hill in Waskaganish, maybe then we'll fully realize what the Rupert River has meant to Eeyou Istchee and what it is worth. And maybe only then will people see that Mother Nature does not come with a price.

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on the cover

Photo: Niles Diamond

Design: Rick Lauzon

rez notes

As the earth moves...

The world as we know it changes constantly. There's nothing static about it, nothing remains the same. Paradoxically, even though we complain all these changes happen too slowly, we resist all change.

Take, for instance, the rate of change with relation to time. We were relatively unchanged for thousands of years and within the last few centuries, changed along with the entire world.

And yet we still resist change, fearing the unknown, denying the known world as we see it and continue to hide our heads in the sands of time.

The clock is ticking and whether we choose to or not, we are changing with the rest of the world at a breathtaking pace consistent with a rollercoaster ride, always twisting and turning, up or down and upside down, until we throw up or enjoy it enough to go for another ride.

In the communities, the change seems too much to handle. But after listening to enthusiastic people who have overcome the problems of alcohol and drugs, the people who have taken control of their lives fighting diabetes, the people who banded together and bought dialysis machines to serve those who need them, the people who have taken the negative aspects of change and changed their world for the better, I realize that change is good when taken head on and managed properly.

Some negative changes are the result of poor change management or the inability to change with the world around us. It's the inability to let go of some of the past and to move on into the future equipped with tools at hand, an education system, a political system, a health system and a budding economic system.

What's so scary about the future? Insecurity and reluctance to face the world at face value and an unwillingness to admit that you're old fashioned and out of date.

Enough with the lectures.

I've noticed that some people just cannot let go of their "poor" past. I for one, feel lucky that we have running water and electricity and all the other modern-day amenities. The past may look rosier and perhaps the traditions can be passed on, but I really feel that the future can be healthier if we take control of the changes that are happening.

I recommend that when change occurs, to go with the flow. Better still; learn how to swim in the sea of life. I recommend that when change occurs to take a good look around you because you may not see that part of time again.

I recommend that when change comes, be prepared, so that change won't hurt so much when it comes around the next curve and you bump into things that you wish you hadn't.

I recommend that to make change a better change, become part of that change and make your own future the way you want to, because this is a hell of a lot better than accepting a change for the worse just because you're a reluctant passenger on the roller coaster of life.-

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Canada

Rupert diversion gets green light

COMEX rules project viable, province agrees

by Steve Bonspiel

The Comité d'examen (COMEX) has opened the gate for the EM1A Rupert River Diversion in a ruling that classes it a viable project that will stimulate economic growth in the north. Quebec approved the report the same day, November 24.

"It was a unanimous recommendation from the five members of the review committee," said Daniel Berrouard, a biologist and one of the Quebec representatives on the COMEX board. "When we consider all the mitigation measures and the monitoring program for the project, that's why we considered it to be an acceptable project."

The new project will see Hydro Québec adding 900 megawatts to what is already the largest hydroelectric complex in the world. Hydro's current operations, built around the damming of the La Grande River, have nine generating stations totaling over 16,000 megawatts.

COMEX has two Cree representatives on the board. They examined the environmental, social and economic impacts the diversion would have on the Crees and their traditional hunting and trapping way of life.

Consultations on the project took place in Montreal and all over Eeyou Istchee. Many people, including former Grand Chief Ted Moses and current Deputy Grand Chief Ashley Iserhoff spoke about the impacts, both negative and positive that the mammoth undertaking would have on their people.

COMEX's 488-page report cited a reduction in the Rupert River's flow from between 51 per cent to 71 per cent. It also talked about the economic benefits the project would bring to the Crees.

"COMEX understands that this project, which will require over $4 billion in investments, represents a significant economic generator, and in some cases, will stimulate regions experiencing slowdowns in other natural resource development sectors," read the report.

EM1-A is slated to be ready for operation by 2011.

COMEX gave Hydro Québec 97 directives to fix before going ahead with the project.

They are also awaiting the Federal Review Board's report, due out by the end of the month, to secure the necessary transportation and fisheries permits to carry out the work.

The three communities that will be the most affected by the project, Nemaska, Waskaganish and Chisasibi, held referenda November 28 to allow members to express their support or opposition to the project. The results were not available at press time.

The chiefs of the three communities claim that the EM1A Rupert River Diversion was never a part of the 2002 Paix des Braves Agreement, signed between Quebec and the Crees. They are upset that they weren't consulted directly on the issue.

They brought the matter to their respective council boards and had their people go to the polls on November 28.

The agreement brought jobs and $70 million a year to the people of Eeyou Istchee, but also created a divide in the communities. It is unclear what affect a vote against the diversion might have.

"When we consider all the mitigation measures and the monitoring program for the project, that's why we considered it to be an acceptable project."
— COMEX

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UN opposes rights for indigenous peoples

by Will Nicholls

"Tuesday, November 28, 2006 will be a day Indigenous people from around the world will remember for decades to come. It was the day we were denied the rights the rest of the world takes for granted," said Bruce Curlis, former Nipmuc Tribal Councilor from the United States.

Many expected the long awaited United Nations Declaration on the Rights of Indigenous Peoples to finally reach the United Nations Assembly and be adopted. It was not to be. Duane Smith, the president of the Canadian section of the Inuit Circumpolar Council (ICC) said, "It is a dark day for aboriginal Canadians and all indigenous peoples worldwide."

It took two decades to compose the present declaration and for the past few years Canada had worked hard to bring the document to the UN. In a surprising turnaround Canada joined with other nations to ensure the United Nations Declaration on the Rights of Indigenous Peoples did not make it to the floor of the UN. Many Indigenous Peoples felt betrayed.

Indeed many Indigenous groups felt the declaration contained the bare minimum for the survival, well-being and dignity of Indigenous Peoples. Many have said it never even met expectations and needs of Indigenous Peoples but after debating for over 20 years they urgently needed something so they had compromised as to see it pass.

The Assembly of First Nations said when Canada became a member of the UN Human Rights Council they promised to support human rights for all. The AFN said Canada failed to live up to their promises. "It undermines the credibility of the new body," said AFN Regional Chief Rick Simon in New York.

Federal Indian Affairs Minister Jim Prentice defended Canada's actions as a form of vigilance. "Canada has a strong record of supporting and advancing Aboriginal and treaty rights at home and aboard, and we take our commitments very seriously," said Prentice.

Prentice went on to say the current text did not meet Canada's objectives. He said Canada wanted a declaration that would promote partnerships and harmonious relationships between Indigenous Peoples and states, strike a balance between the rights of various parties, clarify the commitments and responsibilities and provide practical guidance to states.

Prentice stated Aboriginal rights are entrenched in the Canadian Constitution and Canada is one of the few nations to do so.

Prentice points out that Canada is not alone in its concerns. The "non-action" motion on the resolution had 82 voting in favour, 67 states voting not in favour and 25 states abstaining.

This is the indigenous caucus with different indigenous groups from all over the world who were in New York City attending the General Assembly's Third Committee meeting this past October.

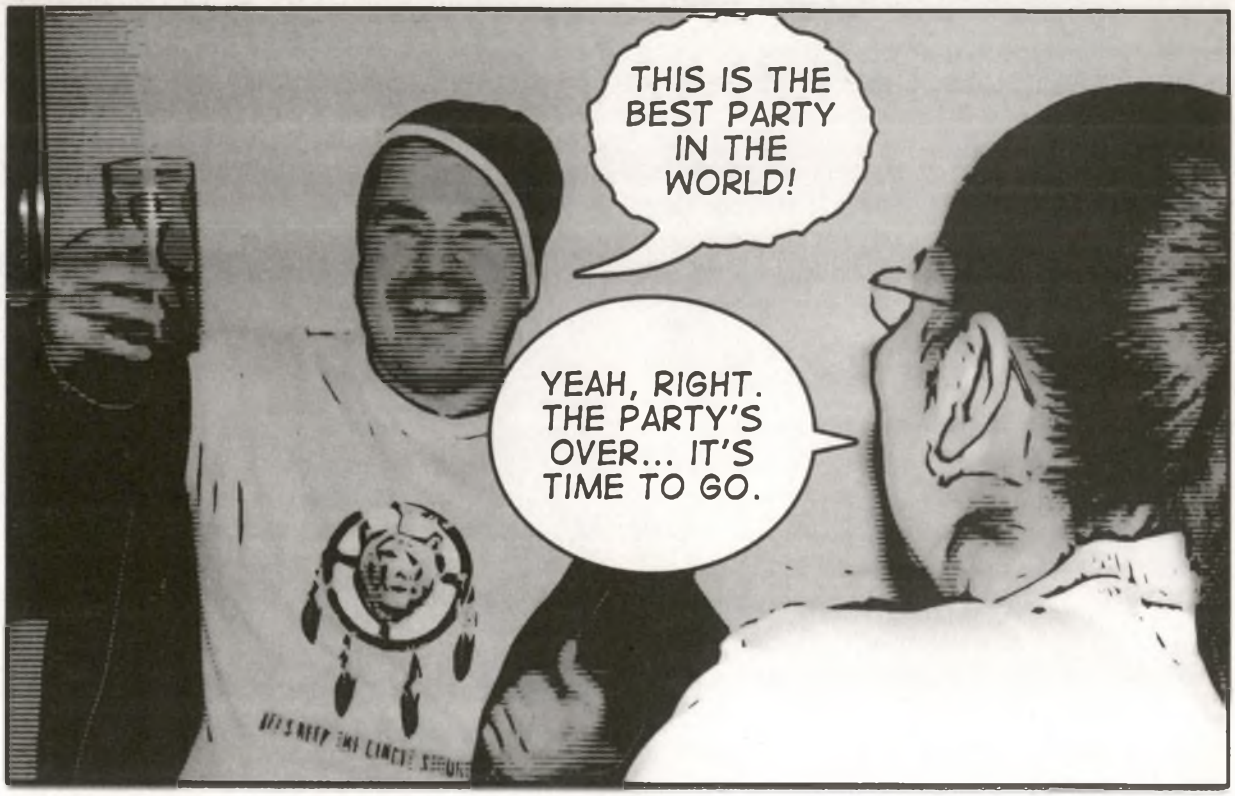
This means at minimum another year before the declaration can be looked at for adoption by the United Nations.

First Nations say Canada, the United States, New Zealand and Australia have been the most vocal in trying to change the language of the declaration.

"Canada's disgraceful and disgusting conduct against Indigenous People at both the national and international levels is being noted," said Grand Chief Stewart Philip, President of the BC Indian Chiefs.

A number of other organizations have condemned the non-action motion. The Asian Forum for Human Rights and Development (FORUM-ASIA) and the Centre for Organization Research and Education said, "We view this latest development as a deplorable setback to the struggle for the rights of the Indigenous Peoples and other marginalized groups in particular and to the struggle for the realization of human rights for all worldwide."

Craig Benjamin, Amnesty International's Campaigner for the rights of Indigenous Peoples, said it was a deplorable decision and a terrible loss the Declaration didn't make it to the UN Assembly. "Human rights are unfittingly sacrificed because of politics at times," he said. Benjamin also wondered why after working so hard to become part of the UN Human Rights Body it would then lobby so hard against the decisions of that body. He added Indigenous Peoples should not give up hope.



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Cree Board of Health and Social Services of James Bay

Referendum shows deep opposition to Rupert diversion

by Steve Bonspiel

Nemaska, Chisasibi and Waskaganish have spoken with one voice in referenda held November 29 in the communities that will be most affected by the EM1A Rupert River Diversion. That

Residents were asked, "Do you approve of the Rupert River Diversion project?" The combined vote result from the three communities was 1071-217 – or 80 per cent – against the diversion.

"I feel good about the results and I'm glad the people came forward to express their view and their position on the proposed project," said Nemaska Chief Josie Jimiken.

"During the public hearings, we didn't make any interventions," Jimiken continued. "We let the people speak for themselves. After hearing our members voice their opinions, views and concerns, we understood that nobody really was for the project. The majority of them did not want to see this project take place. So we went ahead and submitted to the panels our recommendation to reject the project. And we wanted to confirm that by holding a referendum in the communities."

Waskaganish Chief Robert Weistche agreed. "The voice of the people has spoken loud and clear," he told the Nation by phone.

"We need to get the Grand Chief on this and get him moving. We need to sit down with the [Indian Affairs and Environment] ministers and ask them if they'd be willing to consider alternatives to this project. I think the communities have spoken and spoken loudly. We believe we can offer alternatives that would create just as much employment if not more," said Weistche.

Nemaska voters rejected the diversion in a proportion of 78.6 per cent. In Waskaganish, 73 per cent of voters said no, while Chisasibi rejected the diversion by a score of 91.5 per cent.

Grand Council Deputy Grand Chief Ashley Iserhoff said he would work with the people to find a solution.

"When the decision was made, it wasn't made by each community, it was made by the Grand Council," he said. "However, we'll have to take a serious look at the concerns that were raised through the referendums. Our relationship with Quebec is very good right now, so we'll take the opportunity to speak to them about it."

Iserhoff added that the referenda would be on the agenda at the Council Board meetings slated for December.

"The people who voted against the diversion obviously have concerns that must be addressed. We'll have to go into serious discussions based on the results of the past week," he said.

Waskaganish Chief Weistche was firm on what needs to be done. "One of the conditions of the Quebec government is the project has to be acceptable to the local communities. This project is not acceptable to the local populations in the north. We're simply going to ask the Quebec government to consider withdrawing this project."

Weistche said that, at the time of the 2002 signing of the Paix des Braves, people in his community kept asking if they signed away the river. Weistche would reply what that they approved was the research and environmental review into the feasibility of the diversion. Not the diversion itself, he said.

Referendum results on the EM1A Rupert Diversion Project

	Nemaska	Waskaganish	Chisasibi
Number of Electors entitled to vote	403	2163	2441
Total number of ballots made available	324	900	1500
Number of affirmative ballots (yes)	32	128	44
Percent affirmative ballots	21.3	23	7.7
Number of negative ballots (no)	118	389	523
Percent negative ballots	78.6	73	91.5
Number of unused ballots	168	360	929
Total number of electors who voted	**150**	**551**	**571**

"The people were told that they would have a chance to say yes or no after the environmental review process and studies. So with these referenda, we gave them that chance. The question came from the people. It was passed at the general assembly this summer and it mandated the chief and council to follow up on that. And then we took it to the people and now they've decided," said Weistche.

Weistche said technological alternatives to hydroelectricity now exist and should be explored. "We live in an age where technology is developing very fast," he noted. "I don't understand why Hydro-Quebec keeps insisting that their energy policy be geared toward big hydroelectric development projects. We have wind potential to generate 100,000 megawatts from wind. Why are we not going with alternatives that are less destructive to the environment? In the community of Waskaganish our whole lives are based around the river."

Chisasibi Chief Bertie Wapachee, who voted against the diversion and is a proponent of wind power, was elated at the results.

"I'd rather see a beautiful river for the rest of my life and have my kids and grandchildren enjoy it as I did. There's a better use for the river than to kill it and kill the history of it too. I hope the other side will have their doors open to discussions on finding a replacement to the diversion."

Batteries not included

The Nation guide to being a hero on Christmas morning

by Amy Germain

Being Santa is an increasingly difficult job, particularly when just about every advertiser claims that their product is the thing to have. The December holiday shopping rush is stressful for everyone but when you are shopping for children a great deal of questions can come into play. Will the kids like it? Won't they? What is age appropriate and what is not? Will this purchase be a flash in the pan or will little Annie and little Billy still be revelling about their new favourite toy long into the New Year? Will they learn something from this toy?

Fortunately, the little elves at the Nation have been working really hard to do a bit of the leg work for Santa and anyone else who wants to play Santa for the holidays.

Bounty for babies

Though they may not be able to open their own gifts, little ones under the age of three still get a bombardment of bounty from Santa and just about everyone else who is fond of them.

For the wee little ones both safety and comfort come to mind which is why the new Fisher-Price Dream Glow Pooh makes a wonderful addition to the crib. Pooh's eyes appear closed when he is "sleeping" but give him a mild squeeze and his face lights up and eyes open. Retailing at about $15, depending where you shop, Dream Glow Pooh is a great gift for those 6-18 months.

Fisher-Price Dream Glow Pooh

Of course if you are more of the mind set to get something for baby that will help them develop, the LeapFrog Infant Learning System is an idea gift that helps babies develop visual, vocal, and language skills. Featuring 10 music selections and four different visual screens, this baby play centre can be used while baby is lying down, sitting up or standing and is perfect for a newborn up to 18 months old. This item is a great bet at $30-$40.

The experts at the Canadian Toy Testing Council have just released their 2007 Children's Choice awards and at the top of the list was LeapFrog'slearn Around Playground (Activity Centre). Ideal for babies 9 months to three years old, this activity centre does it all from teaching letters, colours and numbers. It also switches to a music mode. Retailing at around $70, it is a big investment for a little person but with a kid-tested stamp of approval it may prove a worthy investment.

All products available at http://www.toysrus.ca

Toys for Toddlers

They call them the terrible twos but most parents know that terrible threes and fours can also come on just as easily. The best solution to this of course is to keep them busy with things they like so that they don't end up destroying or hurting themselves with your things.

An inexpensive gift for the wee man of the house is the Hasbro Games Wheel Pals – Construction Fleet. At only $10 a pop, this collection of brightly coloured, soft and squeezable little vehicles are loads of fun for children 1-3.

For the little Miss of the household the Littlest Pet Shop Bathtime Playset with 4 pets is a great bet for endless hours of fun. The set includes four little pets, a bathtub and accessories and it's perfect to teach any little lady why cleanliness

is next to godliness. Exclusive to Toys R' Us, this Hasbro Games product comes at a mere $15.

Both products are available at http://www.toysrus.ca or other stores

My First LeapPad Blue is a great gift for a boy or a girl. It's designed for both fun and learning. Letters, words and numbers all come to life when the child touches them with the attached magic pen and the product features interactive learning games, sing-a-longs and word play to help kids learn to love to read early on. Available at Wal-mart, this fancy pants learning game retails for $28.96.

A celebrity amongst those under four feet tall, Elmo is back and better than ever with the release of the 2006 Elmo TMX or Tickle Me Ten. The fuzzy red firestorm started a decade ago with the original Tickle Me Elmo and ever since has been top seller every year for the holidays. According to Elmo TMX's makers, Fisher-Price, the new model is supposed to be the "most x-treme Elmo yet!" and features three interactive points on his body. Retailing between $40-$45, these little guys are in top demand this season. Elmo TMX is ideal for children 18 months and older.

As children love interactive toys and parents love toys that have learning potential, another hot item this season is the TJ Bearytales doll from Hasbro Games. Don't be mistaken, TJ is more than just a bear, he is a storytelling bear that actually asks questions and weaves engaging songs and activities right into the tale. Beyond letters and numbers, this toy also tries to teach life skills like following directions and helping others. Retailing for $40-$60 depending on distributors, TJ is a good bet for any child aged 3-6.

The Canadian Toy Testing Council's Children's Choice Awards highly recommends three new Folkmanis animal puppets to please children over three years old. Kids loved the Elephant, Flamingo and Peacock puppets along with the Giant Sequoia Play Set that comes as a sequoia tree with animal finger puppets. Beautiful, colourful, well crafted and exciting, these spectacular puppets are recommended for any child over three or for classroom learning. All featured puppets range between $30-40 and are available on their website at http://www.folkmanis.com/

First LeapPad Blue

2006 Elmo TMX

TJ Bearytales

For school-aged children aged 5-7, a toy needs to be multi-faceted; in other words, they need some bells and whistles to generate some excitement.

What little boy's childhood is complete without Hot Wheels miniature cars? As a tried-and-true classic, if you happen to have any of these durable vehicles around the house why not get your little tyke a Hot Wheels Track Set Assortment. The set includes three track sets that can be configured differently for maximum speed and stunts. Wal-Mart offers this item for only $9.92 and it's a lot of fun for little guys and dads alike.

If the little miss likes both Bratz dolls and horses, here is a toy that brings together the best of both worlds, the Bratz Rodeo Palimino. This attractive horsey is how the Bratz girls ride around in style when they go Western. This MGA Entertainment has style-able hair and comes with cool wild western accessories. Featured at Toys R' Us for only $17, it's a lovely addition to any girl's Bratz collection.

Making a comeback even though it's been around for a few generations, Mouse Trap is still a favourite among kids. Travel around the board and collect pieces to make a better trap than your opponent. This classic board game is available at Wal-Mart for $24.99.

Happy Feet is going to be one of the biggest movies this holiday season and if your kids have seen it or are planning to, why not bring home the star of the show and have a Happy Feet Mumble large plush doll under the tree for the little ones. Soft, cuddly and loveable, kids just love it when you can extend the movie experience for them and why not? Available for $25, the Mumble doll is ideal for children 4-8.

Of course if a stagnant Mumble is not exciting enough, for an extra $15 you can get a Tap-Dancing Mumble. Mumble dances to his included music or just about anything else and when kids speak to him, Mumble responds by talking and dancing. This version of Mumble is also available at Toys R' Us for $40.

If your child is allergic to pets but wants a dog to play with, why not go for Tekno The Robotic Puppy. Tekno is loads of fun as he barks when you come in the room and trembles with excitement and he also whimpers when you leave the room. Just like a regular puppy, Tekno wants love, affection and loads of attention and he does not make a mess. At $90, Tekno is a worthy investment for any kid who wants a puppy but isn't quite ready for the real thing.

Available at Toys R' Us.

When kids hit the 8-11 age group their entertainment needs have evolved and are gaining shades of "coolness." The following items may please your cool kid.

continued on page 19

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Toys for grown-up girls & boys

by Amy Germain

Christmas is the biggest time of the year for splurging; from our pocketbooks to our waistlines, we all tend to indulge! When you find yourself under strict budgetary constraints with a long list of people to shop for, however, all of the joy in the season can quickly fade away. This does not mean that it's panic time. With a bit of careful research, you can pre-plan the bulk of your holiday shopping and keep yourself from declaring bankruptcy come January.

Great gifts don't have to cost a fortune. Check out these fun and inexpensive gift ideas compiled by the Nation.

Gifts under $10

For Her:

Is she stressed out this season or any other time of the year, show her how much her relaxation means to you with the Homedics Mini Massage On-The-Go massager. Available in bright pink, turquoise, green or purple, this mini massager is designed to give the ultimate neck massage in just minutes. At $9.99, it's a steal! http://www.hbc.com/zellers/it/default.asp?cat=21

If she's more the sentimental type, framing a photo is a great idea but why not make your photo festive with an adorable Photo Snowglobe from Pharmaprix? This cute and festive gift goes for $6.99 and all you need to add is a photo.

http://shoppersdrugmart.flyerservices.com

Does she have a sweet tooth? What would the holidays be without chocolate and better than just chocolate is Canadian Chocolate from Laura Secord. A mini box of Miniatures Assorted Chocolates (100g) runs for only $7.50 and it's a cute stocking stuffer or simple little way to sweeten up her season.

If you want to give her something of an intimate nature, how about a set of pink, sexy dice from La Senza to get your passion going? One die has a different body part on each side and the other has an activity, like neck and massage or... well we can't list the rest of them as this is a G-rated magazine but you get the idea. At only $9.50...you can get a lot of bang for your buck! http://www.lasenza.com/

For Him:

If the man on your shopping list is a NASCAR fan, you could pick him up these macho NASCAR boxer shorts from Zellers. Sure they may be a little inappropriate for Uncle Joe or Grandpa but as an intimate gift between a couple, why not? At $9.99, they are a great deal and something every NASCAR fan needs.

Also from Zellers, the Adidas Sport Fever 2-piece Gift Set makes for a great little gift. If he loves the smell of Adidas cologne, at $9.99, this lovely little set is the perfect way to get him smelling fabulous and manly (in a good way) without breaking the bank.

http://www.hbc.com/zellers/it/default.asp?cat=18

If you are worried about your man being out in the dark at night, why not get him this Energizer 2-in-1 LED Flashlight from Future Shop. Flashlights are great for emergencies but also for when he's under the sink, fixing the pipes or searching around in the basement.

Or, if the kind of searching he likes to do is of a more intellectual nature, the Energizer Trim Flex LED Booklight could be the perfect companion to his night-time reading. It's the perfect gadget for the avid reader and both of these Energizer products are available at Future Shop for only $9.99 each.

www.futureshop.ca

Gifts under $20

For Her:

Is your lady the kind of gal that likes to have her pals over for afternoon tea? If so, The Second Cup is offering up various elegant and chic teapots, accessories and various box sets featuring their own signature teas for under $20. Be sure to check out the lovely new Baroque Ceramic collection of teapots and accessories as they are bound to bowl over just about any tea lover and not break your budget! http://www.secondcup.com/eng/holiday.php

Winter can wreak havoc on a ladies' delicate skin and if you think she would appreciate a scent-sational way of fighting off those dry patches, give her a pot of The Body Shop's world famous Body Butter. Though they smell good enough to eat, Body Shop's body butters are ideal for those who like rich and intensive moisturising, come in a wide variety of luxurious scents from strawberry to coconut to olive oil (and many more) and at $19.50, they are the perfect little bit of luxury. http://www.thebodyshop.ca

Gloves are the kind of things that like umbrellas or sunglasses, that are never around when we need them, are ever so easily misplace and also make for wonderful gifts. Right now Sears has simply beautiful red or black Jessica brand ladies leather gloves on sale right up until Christmas Eve for only $17.49 and they are the kind of thing any gal living in the northern hemisphere would appreciate under the tree. http://www.sears.ca/

If she is a fitness guru or keeps telling everyone that its her resolution to become one in the new year, why not get her the Bally Walking Pack to help her enhance her calorie burning potential while walking. This neat little kit includes an electronic pedometer,

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two 5-lb dumbbell weights, two 2-lb ankle/wrist weights all in its own little nylon bag. Available online on the Hudson's Bay Company website, at $19, it's a sure-fire way to get her heart rate up. http://shop.hbc.com/

For Him:

If he is really into hunting but the bag he takes his equipment into the bush with has seen better days, Canadian Tire is offering up just the thing. The Mossy Oak Duffel bag features double stitching on all major seams for extra durability, comes in a grey camouflage type colour and has a shoulder strap for easy carrying. If he would rather something of a smaller nature, the "Tire" also has a Mossy Oak "Camouflage Shoulder Bag" that features a detachable padded shoulder strap, is made from durable polyester and has a large main compartment with zippered opening for rain protection. Both bags are only $19.99 each and will make just about any hunter happy. http://canadiantire.ca/

If he is a big fan of both Christmas and the Habs and he wants to celebrate both at the same time, the Official Montreal Canadians Shop has two perfect items in store for him, a Habs theme Santa hat and a Habs theme Christmas stocking. The Forever Collectibles Montreal Canadiens Santa Hat is decorated in the official shades of red and blue with a white pom on top and white trim. Of course "Canadiens" is embroidered on it in large lettering, as are some festive snowflakes. Also available for the big Habs fan of the household is the Forever Collectibles Montreal Canadiens 17" Stocking. Christmas morning will never be the same with this super cool stocking also made in team colours with the team name on the trim and a large embroidered logo on the stocking. Both items are only $18.99 and are a guaranteed hit for the Habs/Christmas lover!

http://shop.canada.nhl.com/product/index.jsp?productId=2108657&cp=1919772&clickid=body_featitems_img

Gifts in the $30-to-$50 range

For her:

Christmas is the perfect time to buy her things that will keep her warm and one of the most comforting things she can wrap around herself on Christmas morning is a new bathrobe. The "Ultra Soft Hooded Robe" is what La Senza is calling its softest robe ever. Featuring a warming shawl collar and large pockets, this cuddly robe comes in a wide variety of shades and is only $29.50! But if you are looking for something a little more risqué, La Senza also offers a wonderful and exciting selection of bustiers and baby doll sets for $49.50 or less. The "Lace Me Up Bustier" is absolutely luxurious and features floral patterned lace over a hot pink underlay and faux leather criss-cross detail. Though this gift is not the kind of thing for her to open up around the family (unless you've got a really sick sense of humour), it's bound to get the juices flowing. http://www.lasenza.com

If your preference in terms of gift giving is something she can open up in front of the family that will dazzle her and still stay under budget, Sears is offering beautiful Genuine Freshwater Pearl Sets in white, pink or black. This necklace/earring/bracelet set features 10kt gold closures, 10kt post and butterfly backing on the earring stud set an 18-inch necklace and 7.5-inch bracelet. If she is a fan of freshwater pearls this set will no doubt delight her and at $49.99, any of these sets are well worth it. http://www.sears.ca/

For the gal who really tries to take good care of her skin but can't get out to see her aesthetician regularly, give her the tools to do it at home with the Conair Complete Facial Care System. This fancy, high tech system features a 6-step facial care process that cleans and steams, exfoliates and massages, and moisturises and refreshes and would probably do your dishes for you too if it could. http://shop.hbc.com

If she is a fan of designer fragrance and has a flair for either Yves St-Laurent's Opium, or Oscar de la Renta, Pharmaprix has some great little gift sets that will both thrill her and keep you on budget. Both gift sets feature 30ml eau de toilette sprays and a 75ml body moisturisers and the come at a reasonable price for only $49.99 a set. If however she is more of a sporty type of gal, Puma Red is also offering a sweet little gift set that both smells divine and won't blow the budget. The Puma Red gift set comes with a 20ml eau de toilette spray and comes with both a 50ml body lotion and a 50ml shower gel and is affordable at $29.99.

Say you leave your shopping to the last minute and you want to get her something both classy and memorable but you only have minutes to shop and the only place nearby is the SAQ (okay, not the most likely scenario, but play along), think Champagne! Not only is this fine French beverage synonymous with luxury, there are plenty of actual "Champagnes" available for under or just slightly over the $50 mark, such as Paul Goerg Brut champagne 2000 at $48.50. http://www.saq.com/

For Him:

If he is coming home from a long day on the job suffering from throbbing feet, why not give him the Cadillac of slippers to ease away his stress, the Conair Men's Massaging Slippers with Memory Foam. Soothing relief comes at the touch of a button with these "smart slippers" made from Memory foam and micro beads. Available for only $29.97, this battery-operated marvel is sure to appeal to both his sense of comfort and a love of gadgetry. Available at http://shop.hbc.com/

Is your man moustachioed? Is it looking a little uneven lately? For as much as men may despise the morning ritual of shaving they do love the accessories that come with the territory and if he is trying to cultivate a moustache or beard, check out the Philips Philishave Beard Trimmer from Future Shop. This high tech little number is practically maintenance free and has self-sharpening stainless steel blades, at $49.99 the price is right and he will love it! http://www.futureshop.ca/

For Mr. Fix-it, tools are clearly what his heart desires and why not when Canadian Tire has so many different wonders for under $50! Starting with the Mastercraft 6V NIMH Compact Drill at only $49.99, this drill features a 3/8" keyless chuck, an eighteen-position clutch and an on-off two-speed switch. If he is a hobbyist and enjoys do-it-yourself projects, indulge his creativity with a Mastercraft 41-piece Hobby Knife Kit. At only $39.99, this product is of great value and it's also idea for budding hobbyists.

If these items don't suit you, have a look around at other items on these featured websites and when in doubt, just buy a gift card and let your people decide for themselves.

Merry Christmas!

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Dealing with Holiday Blues

by Amy Germain

Just about anyone who does the Christmas thing knows the kind of stress the holiday can bring on. Whether it's from shopping as if it were an Olympic event, the inability to do as much from a lack of financial resources as you'd like or the steady stream of social gatherings between family and friends, the season's pressures can result in a bad case of the holiday blues.

"It's a normal crisis time," says Kahnawake-based psychologist Suzy Goodleaf, who also works for Public Health in Mistissini. "It is a trigger time."

Goodleaf says the holidays can spark a range of extreme emotions that can result in depression if left unchecked. "It's a time where the ideal Christmas is supposed to be happening. The whole family is supposed to be loving and caring, singing Christmas carols and everything is wonderful."

So it's normal to try and recreate a Christmas reminiscent of a Norman Rockwell painting. We invest whatever we have in the holiday – financially, emotionally and spiritually.

But what happens when reality doesn't fit with our image of a perfect holiday? Says Goodleaf: "When you realize that you don't really have enough money to do that or when you realize that the family that you thought you had isn't exactly the family

> "When drinking increases, problems increase as well"

who would be in the commercials, then it hits you."

That reality can sometimes generate a severe depression, but for others the mere threat of gathering the whole family together is what causes their emotional devastation.

"When people have trauma in their backgrounds, it's a time when issues of, say, sexual abuse, will come to the forefront because all of a sudden you have to be in the same room as the abuser," observes Goodleaf.

For others it's a matter of experiencing latent grief issues, especially if it's their first Christmas without a loved one.

"If your father died in June, Christmas is a time when you will feel it the most because it's the time when you would have all been together, so you're recalling that he is not here," says Goodleaf.

"It's not that these things shouldn't happen or feelings shouldn't be there, but if you don't acknowledge them, if you don't process them, they can become depression."

Other people try to evade their negative feelings by turning to the bottle, with catastrophic results. "When drinking increases, problems increase as well," she says.

The bad signs

For someone already having a hard time, the holidays can have either a negative or positive impact. But when someone's behaviour changes dramatically, it may be a sign that they may be depressed, explains Goodleaf.

> Acknowledging someone's pain can be a wonderful help

Some major indicators of depression are when someone who normally has a healthy appetite suddenly won't eat or vice versa, or when someone's sleeping patterns also quickly change, these are signs that they may be showing signs of anxiety. If the individual is expressing feelings of hopelessness, despair and speaks of suicide, this is a red flag warning that this person needs help and fast.

If someone presents these behaviours, Goodleaf says the best thing to do is talk to him or her. She suggests saying things like, "You know, I've noticed that you are not coming out of the house very much, is there something wrong? Is there something I can do to help?"

Goodleaf also says that just being with someone in distress is already helpful because most people don't notice. Simply acknowledging someone's pain or misery can be a wonderful help.

It's common knowledge that the suicide rate jumps during the holiday season. So if you think someone is feeling suicidal, Goodleaf strongly advises that you ask. "People are often afraid to ask if someone is suicidal, thinking that if they ask that it means that the person will do it. In fact that is not the case at all," she says.

Other tips to beat the blues

The holidays often change people's schedules, affecting how they eat, sleep and drink. Goodleaf recommends keeping as normal routine as possible for somebody who is already struggling.

She also stresses the importance of eating and sleeping well and exercising even if this might be the opposite of what a depressed or anxious person might be inclined to do. Avoiding alcohol if you are in distress is a major way to keep from delving deeper into a funk. "It's okay for family members to say, 'You are feeling kind of down, maybe it's is not such a good idea that you drink so much.' Even if that is hard for people to say to family," says Goodleaf.

Though there are a lot of "dry" events in many of the Cree communities this does not

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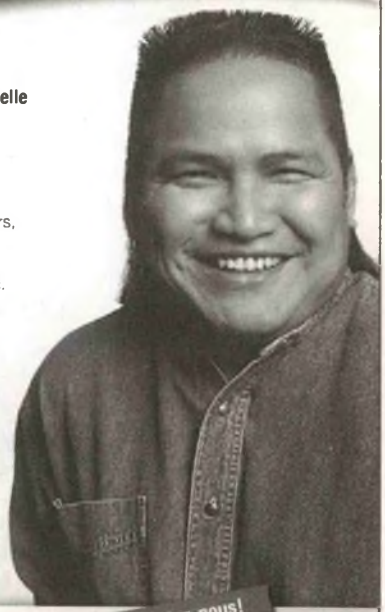
tree falling practices, etc.



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continued from page 17

necessarily mean that a big dance is going to be an appropriate place for a depressed individual. If a large social gathering is outside of someone's comfort zone, pushing him or her to attend could also be detrimental as it can bring on a lot of anxiety.

"It's important to reach out to people in a way that they feel comfortable," notes Goodleaf. Instead, "you can just check on them and call them through the night and see how they are doing and let them know that you are thinking about them."

What to do in case of an emergency

Most communities have an on-call social worker, but when those people cannot be reached and someone is really in crisis, Goodleaf advises that the police be called in. Of course if you are someone who struggles during the season, she suggests that "you make sure you have your own support system built in already or check in if there is somebody like a social worker or psychologist that you can talk with." A local minister or traditional healer, regardless of religious affiliation, is always willing to help.

Give of yourself

On the other hand, if you are feeling particularly good this holiday season, nominate yourself to the community to be a listener and support your neighbour. "It would be good to talk to the people at Public Health Office at this time and make a recommendation to have a list of people who might want to volunteer to be a support to other people in need."

Suzy Goodleaf can be reached at her Kahnawake office at 450-635-5108 for those seeking help in the Mistissini area.

---

continued from page 11

Lego is often thought of as a boy toy, but they have recently developed a play set for little ladies, with the LEGO Girl's Fantasy Bucket. Now girls can build flowers, dolls and so much more with this colourful selection of bric-a-brac style elements, all in one bucket. Toys R' Us has this product exclusively for only $12.

LEGO Girl's Fantasy Bucket

For your little tough guy or girl who like giving themselves their own tattoos, what better gift is there than the I-Tattoo Electronic Tattoo Pen? Kids can create their own temporary tattoos or use one of the 30 cool reusable I-Tattoo stencils provided and everything washes off easily. At $20 (Toys R' Us), this product is a good buy and will provide endless hours of entertainment for anyone in the family.

If your budding adolescent is one of many that never goes anywhere without their Ipod or MP3 player, perhaps an i-dog or the new i-fish may be of interest to them. All you need to do is plug in your music play and I-dog not plays the music on a built in speaker but will react to it. Depending on the different types of music you child chooses to play the dog will also act differently, his movements are expressive and his flashing LED lights change colours. I-dog is available in various colours and starts at around $25. The I-fish swishes and spins similarly but retails for slightly more at around $40.

The Hasbro Games, Easy-Bake-Oven and Snack Centre is the perfect toy for the little girl who loves to play house or have tea parties. This classic toy has not changed since its inception but it's still a big hit among kids. All you need is a 100-watt light bulb and you're good to go! Easy Bakes start at around $25 and are sure to be a hit for children 8-11.

The Remote Control T-Rex by Animal Planet is pretty much what it says it is and loads of fun for any child who really likes dinosaurs. Featuring light and sound, T-Rex roams wherever you send him and can turn his head around to let out a big roar and is as synchronised as can be for realism. Retails at around $25.

Remote Control T-Rex

By the time they hit adolescence, 12-14 year olds want little to do with traditional toys and have moved onto gadgets, gadget accessories and games they can play with in groups.

If she has a passion for fashion, the Bratz Fashion Chic Jewellery Box may just be the thing for her. This is the perfect spot for the chic chick to store her budding collection of jewellery. Wal-Mart offers up this treasure keeper for only $16.96.

When the kids have their buddies over, this Electronic Dartboard from Regent Sports is the perfect thing for the whole gang! The game comes with six brass darts and features a large scoring display, eight-player scoring and 21 different games to be played. Retailing at around $20 at Toys R' Us, this is an ideal product for older children and maybe they might let mom and dad join in too.

Superheroes and comic books are the kinds of things that appeal to boys young and old. If your growing guy is into Spiderman, check out this awesome Spiderman City Assault Play Set. Battle Doc Ock with Spidey's Webzooka and launch your car past Doc Ock's tentacles to disarm him. The set comes with one die-cast car and has many special features including a hidden trap door that sends your car into the sticky web. Retailing at $44.92, this product is easy to find at Wal-Mart.

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Ho Ho Ho... Santa is on his way for the holidays!

The Nation is preparing their Christmas issues. If you have wishes to send, sales to promote, people to cheers, please note these dates to your calendar.

Do not miss the Christmas sleigh... call us soon at 514-272-3077.

Vol. 14-02	Nation vol.	Vol. 14-03
December 8	Cover date	December 22
November 24	Cover date Deadline to reserve space/ receive material	December 8

Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each month *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Salsa Turkey Meat Loaf

Ingredients:

1 spray	cooking spray	0 ml
1 cup	ground turkey	250 ml
1 ea	egg	50 ml
1/2 cup	bread crumbs	125 ml
1 ea	finely diced onion	110 ml
1 ea	garlic clove, minced	3 ml
3/4 cup	salsa, divided	175 ml

Directions

1. Preheat oven to 400 degrees. Coat a 5 x 9-inch loaf pan with cooking spray. In a large mixing bowl, combine turkey, egg, bread crumbs, onion, garlic, and 1/2 cup salsa. Mix thoroughly.
2. Place turkey mixture in loaf pan and spread evenly. Top with remaining 1/4 cup salsa. Bake for 50-60 minutes.

TIPS: Serve this zesty dish with mashed potatoes!

Nutritional Analysis per serving (1/6 recipe):

Calories: 185
Fat: 9 g
Cholesterol: 99 g
Sodium: 265 mg
Carbohydrate: 10 g
Dietary Fibre: 1 g
Sugars: 3 g
Protein: 17 g

Northern

SCREEN SHOTS

Autumn Movie Lineup – December

by The Shadow Critics

Casino Royale – *Casino Royale* was the first James Bond novel Ian Fleming published, in 1953. There have been allusions to the fact that Bond character is based loosely upon Ian Fleming's own experiences as an intelligence officer. However, over the years James Bond, 007, has come to mean a suave and highly trained British agent who has led us on adventures around the world. Therefore, it was with difficulty you find yourself looking at Daniel Craig, the latest Bond, who portrays little or none of the characteristics one is used to. Bond films are noted for their opening sequence of music and entertaining background, do not expect to be entertained or impressed by the opening. Further, the action sequences are incredible at the beginning, this one starts with the brutality of James Bond achieving his 007 status. The first action sequence made you think of a choreographed Jackie Chan movie. So, just when you are about to sigh with annoyance at the direction taken, the movie starts to pick up. Some of that James Bond humour and flair starts to pour out. In the end, you walk out of the theatre feeling that you have been entertained and that although this was a gamble, it all worked in some way.

Bobby – The movie follows the last hours before the assassination of Robert F. Kennedy, who was on his way to winning the Democratic nomination for the 1968 presidential race, and likely the presidency as well. It follows the lives of the many people who were in the Ambassador Hotel the night he wins the primary. The cast is so filled with stars it would be impossible to list everyone in a review but they work well together. The movie takes you through a day in the life of all of these people. Emilio Estevez wrote, directed and stars in the film, which is more of an examination of the many lives of people involved with Robert F. Kennedy on the night he was shot. There is little of Kennedy in the film, other than some inspirational moments and speeches which make you wonder what would have happened if he had become president. You realize the important contribution the Kennedy brothers made in the 1960s, inspiring a nation like no one else could. The messages that Robert F. Kennedy does make during the movie is about the environment and the need to take responsibility to reduce pollution and activities that would ultimately harm the earth, and the American people.

The Queen – There has been talk that the performance of Helen Mirren as Queen Elizabeth II as being Oscar worthy. When you actually see the movie, you realize how justified this prediction is. Helen Mirren does an incredible job of carrying this movie along, and giving you some insight into the duties and vulnerabilities of a modern monarch. One would not warm up as well to Prince Charles in this movie, as his character seems weak and not what you would expect from a future King of England. Also, the characterizations of the Queen Mother and Prince Philip leave you feeling for Queen Elizabeth as those advisors around her seem to be out of touch. The movie portrays the royal family's reaction to the death of Princess Diana. While the movie has little action or humour, it makes you think of things you would not normally entertain. Given the performance of Helen Mirren, it makes the experience worth the price of admission.

Deck the Halls – Another holiday movie installment. It tells the story of two neighbours, played by Danny DeVito and Matthew Broderick. The premise is the new neighbour, DeVito, is loud, and doesn't quite fit into the plans of Broderick's character. Devito's character just wants to do something big enough to get notice or be remembered, this turns out to put enough Christmas lights on his house to be seen from space. Broderick's character wants everything in his life to remain the same, and in the small town where they are from he is known as the Christmas guy. The movie is not amazingly entertaining but it does have its moments. The situations remind one of *National Lampoon's Christmas Vacation*, but Broderick is no Chevy Chase.

Happy Feet – There's no dancing around the fact that *Happy Feet* is a great movie. The characters and story make the experience quite enjoyable. I was fortunate enough to see it in the IMAX format, which left me with images of 20-foot dancing penguins for the rest of the day. The premise is of a penguin born a little different than all the rest in his group. While all the other penguins sing in order to find a mate, he loves to dance. This nonconformity is shunned by the penguins that enjoy their rule over the roost. Eventually, he is excluded from the pack, and starts making friends with other inhabitants of the South Pole where he is accepted for who he is. However, to win the heart of the girl penguin he loves, he starts an amazing journey. The moral is about acceptance and redefining what we value in others. This movie will entertain the whole family, and leave you with warm feelings as you tap dance your way out of the cinema.

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UNDER THE NORTHERN SKY

Close encounters of the Cree kind

by Xavier Kataquapit

Recently, I went walking with a friend in the Northern Ontario town of Iroquois Falls. There isn't much going on at night in town. Most of the buzz is happening around the arena where games of hockey always seem to be going on. There is little traffic and very few people on the streets and I don't mind that at all. On this night the bright lights of the paper mill and the distant hum of the machines cast an eerie backdrop to the quiet, snowy streets. Half way through our walk we stopped at the local park and sat on a bench in silence as we stared at the flood lit mill and the retired black locomotive.

As we sat sinking deep in our own thoughts, a ghost-like form silently slipped through the shadows of the bushes and tree trunks. It was low to the ground as it swiftly darted from shadow to shadow. It seemed to just appear out of thin air. Then it finally made itself known and it entered into the subtle light of a street lamp. It was a small sly red fox, or Mah-Keh-Sho in Cree, prowling for a meal or a hand out in the night. It was obvious he or she was familiar with the human animal as this little creature showed no fear.

Mah-Keh-Sho seemed friendly and quiet. The sight of the animal was pleasant. It had a small body with cunning eyes that seemed intelligent and thoughtful. Mah-Keh-Sho moved gracefully and almost danced with its bright bushy tail following like a long elegant feather. It was beautiful.

However, when you hail from a remote northern First Nation community, you learn from an early age to respect any wild animal no matter how friendly it may seem. My non-Native friend admired our new found friend and coaxed it closer. He seemed to want to reach out to pet Mah-Keh-Sho like he would a neighbourhood dog or cat.

As soon as I saw Mah-Keh-Sho, I sat back and waited to see where the animal would go and watched what it would do. As it moved closer, I got up from my seat and started waving my hands in the air and spoke to Mah-Keh-Sho in Cree, almost shouting repeatedly, "Mah-Sh-Cha-N-The" – the Cree phrase for go away. My friend seemed confused and surprised at my reaction and wondered what I was trying to do. Then I told him to be careful and to move away from the Mah-Keh-Sho.

The fox seemed to understand my message. Maybe he or she knew the Cree dialect and understood what I was saying. It stopped where it was. Mah-Keh-Sho looked up and tilted his or her head to one side in a moment of confusion. Then the Mah-Keh-Sho turned around and quietly blended back into the shadows and away from us.

We watched Mah-Keh-Sho disappear into the night. I then explained to my friend that wild animals, no matter how small they may be, can be dangerous creatures. We do not know how they perceive our world or what they think of us or what we will do. At a distance they may be curious but up close they may feel threatened. Any animal will attack as soon as it feels that it is in danger. This may happen at any given moment during an encounter. Don't let the size of Mah-Keh-Sho fool you. A Mah-Keh-Sho is equipped with small claws and sharp teeth and it will use these if necessary if it feels threatened. There is always the chance that the Mah-Keh-Sho could have rabies. If a rabid animal bit you, even if it were a small fox, it could cause serious health complications.

"As we sat sinking deep in our own thoughts, a ghost-like form silently slipped through the shadows of the bushes and tree trunks. It was low to the ground as it swiftly darted from shadow to shadow."

This night in the park my friend saw the Mah-Keh-Sho as a cute little animal coming to visit. I wonder how the fox saw us. Did he see us as giant animals waiting to turn him into lunch in the night? Did he see us as the bearers of food? He must have been a town fox as he did seem streetwise. Perhaps people in the area were feeding him. That would explain his seemingly trustful approach. It must have disappointed him to run into this Cree from up the coast and it might have been a bit of a shock to hear the ancient words that have probably been uttered by my ancestors through the ages to visiting Mah-Keh-Sho. No doubt he won't be stopping by anytime soon for another close encounter of the Cree kind.

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BIRTHDAYS - 101

Wishing a belated birthday to my mom on November 18, and to my dad on November 10. Happy birthday to you both and many more to come. With lots of love from Charlotte, Clarence and Hayley-Ann I would like to wish Happy 2nd Birthday To Fredrick'sh Coonishish and many more to come have fun on your birthday Jaabaw Luv You Hugs & Kisses Caroline Snowboy all the way to Ottawa xoxo

We would like to wish Kathy & Freddy Coon-Come a happy? Anniversary on Nov,8,06. And may the good lord keep you both safe.and bless yous' with many many more happy Anniversaries. Who knows maybe someday next year we'll eat together,to bad, that it wasn't this time. With love; Nellie & Josie & Childeren XOX

We would like to wish a happy first Annivesary to Tammy & Wayne Mathias From Waswanipi and may god bless you with many many children keep up the good work and take of each other cook for your husband love your husband till your next anniversary Love auntie Nellie & Family xox from all the way at 69 poplar in Waswanipi

I would like to send out this belated Birthday greeting out to Waylon Martinhunter who celebrated his birthday on November 13, 2006. I would also like to congratulate him and his teammates (OJAY HACKERS) for being the champions at the Ojay Tournament. It was a good game despite some of the fans but its alright...See how powerful prayers are? Anyways hope you enjoy your time here in Ojay and dont party too much. Keep ur chin up and think positive from Me (Pryscilla)X0X

I would like to wish a Happy 19th Birthday to my boyfriend Aben Mokoush on January 16, 2007. Also a Happy 17th Birthday to my cousin Travis Swappie on January 7, 2007. I hope you two have a WONDERFUL day! Love Amanda -xoxo-

Wishing my mother Emily Salt a very Merry Christmas and Happy New Year!...and to my sisters Elizabeth and Willie, Mary Grace and Sam, Lorna and Russell, and Brenda and ?????, and Evelyn, my brothers Andrew, James, and Garry...and to all my nephews and nieces...Love Johnny, Annie and kids.

Merry Christmas to all my family, my mom Mary Lucy, my brothers Jimmy And Mish, Paul and Brenda, David and Isabelle, Isik and Joyce, Peter and Joan, Mike and Maggie, and my sister Susan and Billy...and to all my nephews and nieces..Happy Holidays,From Annie ,Johnny and kids.

Christmas Greetings to my best friend Betty, Sam and the kids. I really hope things will turn out as you planned for the Holidays, and especially because it`s both our daughters first Christmas`, we`ll get to spend it together...and of course Jaedon and Kaedon will have a blast together!!Your Buddy Annie...Love You Guys!

Wishing a very Merry Christmas to my one and only, Johnny, you mean the world to me!. And also to my children Jaedon and JoAnne, I hope your Christmas wishes come true! Especially for you my baby girl..it`s your first Christmas!!..Love You Guys with all my heart, LOVE MOM.

My mom Juliette T Neeposh had her birthday on the 1st of December, Happy Belated Birthday mama! nii chitwaasiim Stacie. OH!! and of course Jasper too.

I wanna say happy birthday to mary'sh B on december 3. Have

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fun and don't feed Jarrett too much of ur cake....lol

Wishing a very Merry Christmas to these people, First, in Chisasibi to Ms. Stella-Jane Snowboy (as well as her 2 children Jayden and Lakeysha), Serena Picard, Cheyanne Picard Snowboy (as well as your children), Rena, Emile and Ken Picard, Ms. Deborah Rupert, Ms. Corrine Shash (to Kayla of course). In Waswanipi, Ms. Patricia Trapper, Ryan Trapper, Ms. Sonya Mianscum (Nikolai as well). In Eastmain, Ms. Priscilla Gilpin, Ms. Alexandria Gilpin (to your kids too) and I haven't heard you in a long time...lol (give me a call sumtime @ 3844). In Montreal Mr. Noah Cheechoo (THE Noah) lol. Merry Christmas to all of you and a Happy New Year ... I know it's early to wish you all a Merry Christmas, cause I am pretty sure I won't be able to see you all on Christmas Day, So once again, Merry Christmas! and have a safe holidays. From someone all the way from Mistissini, Ms.Cynthia Longchap

A Birthday Greetings going out to Mr. Pierre Picard all the way from chisasibi. He celebrated his birthday on the 4th of December. Happy Birthday Pierre and many many more n more birthdays to come...lol, have a blast! Once again, HAPPY BIRTHDAY. luv ya and miss you...With love from someone in Mistissini, Cynthia L. x0x0x

I wanted To wish a Happy B-day to my mom Emma Longchap on Dec.7/06. Happy b-day mom ,I love you so much.Hey I remember clearly when you came to see me when I was in intensive care I waved at you , I was really happy to see you guys I love you mom with all my heart. With love your baby daughter Rachel (Wask).

Sending birthdays greetings to my niece and nephew who were born 1 week apart. My niece Tatiana Kanatewat born on December 11/98 and my nephew Matthew Kanatewat born on December 18/98. turning both 8 years old, I wanna wish you both Happy 8th birthday enjoy your day kids don't ask so many toys for your birthdays, cause santa is just around the corner...lol. Tati, I still remember the day you were born with your boodoo cheeks how cute they were...lol. Be nice or santa will see you if you're naughty. Luv ya both always!!! aunty Judy

Happy Birthday to my Daddy Robert Kanatewat on December 4 who's turning 72, I think...lol. Enjoy your special day with mommy. When was the last time you celebrated your birthday with mommy!!!Luv ya always daddy! Judy

Public Service Announcements – 400

The Native Women's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: www.nwsm.info and feel free to give us any feedback.

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out their website at: www.kidshelp.sympatico.ca.

Anyone knowing the whereabouts of John Ottereyes of Chisasibi, James Bay region, Quebec, please contact S. Pyett collect at : 613-747-7800 x 3477.

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Niskamoon Corporation Promotional Tour
January and February 2007

Niskamoon Corporation will be visiting the communities again this winter to promote the **TEHQ Program**. We look forward to meeting with the people and help answer questions about these training programs **offered to James Bay Cree beneficiaries**.

Look for our tour dates that will appear in the next issue to see when **we will be in your community**.

For more information on the TEHQ Program and how you can apply, please call our toll free number at 1-877-441-1101.

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